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Nutrition During Pregnancy and Breastfeeding

Articles, Books and Book Chapters (in order by year)

Pregnancy

Eating Expectantly: The Essential Eating Guide and Cookbook for Pregnancy. 2nd edition. Bridget Swinney. Colorado Springs, CO: Fall River Press. 1996.

“How folate can help prevent birth defects.” Paula Kurtzweil. *FDA Consumer*, 30(7):7-10. 1996 (September). Single copies available from the FDA Seafood Hotline at (800) FDA-4010 or your district FDA office. Available on the World Wide Web at: http://www.fda.gov/fdac/features/796_fol.html

“Pregnancy and the vegan diet.” Debra Wasserman. In: *Simply Vegan: Quick Vegetarian Meals.* 2nd edition. Baltimore, MD: The Vegetarian Resource Group. 1995. pp. 177-187.

The Pregnancy Cookbook: Easy Recipes for Nine Months of Healthy Eating. Marsha Hudnall and Donna Shields. New York, NY: The Berkeley Publishing Group. 1995. 301 pp.

“Take Two Crackers and Call Me in the Morning!”: *A Real-Life Guide for Surviving Morning Sickness.* Miriam Erick. Brookline, MA: Grinnen-Barrett Publishing Company. 1995. 72 pp.

“Healthy choices for 2.” Cinda S. Chima. *Lamaze Parents' Magazine.* 1994.

A Guide to Eating Right During Pregnancy. Susan Kagen Podell. New York, NY: Doubleday. 1993. 46 pp.

Eating for Two: The Complete Guide to Nutrition During Pregnancy. Mary Abbott Hess and Elise Hunt. New York, NY: Collier Books, Macmillan Publishing Company. 1992. 324 pp.

“The vegan diet during pregnancy, lactation, and childhood: pregnancy and the vegan diet.”
Reed Mangels. *Vegetarian Journal*, 10(1):9-14. 1991.

Breastfeeding

“Breast-feeding: best bet for babies.” Rebecca D. Williams. *FDA Consumer*, 29(8):19-23.
1995. (October). Available on the World Wide Web at:
http://www.fda.gov/fdac/features/895_brstfeed.html

Breastfeeding Pure & Simple. Gwen Gotsch. Franklin Park, IL: La Leche League International.
1993. 108 pp.

The Womanly Art of Breastfeeding. 5th edition. Franklin Park, IL: La Leche League
International. 1991. 447 pp.

Pamphlets, Brochures, and Flyers (in alphabetical order by title)

There is a charge for some of the pamphlets and brochures listed below. Please contact the
source for current prices.

Pregnancy

Blue Ribbon Babies: Eating Well During Pregnancy (Available in Spanish: *Bebés Sanos: Alimentación Sana Durante El Embarazo*). Chicago, IL: The American Dietetic Association. 1989 for English; 1992 for Spanish. Single copies available with a business-sized SASE from: ADA/National Center for Nutrition and Dietetics, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995. Bulk copies available from: The American Dietetic Association, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (800) 745-0775, ext. 5000; Fax (312) 899-4899.

Caffeine & Pregnancy (revised; #H013). Iowa City, IA: The University of Iowa Hospitals and Clinics. 1994. Available from: Publications, Dietary Department, The University of Iowa Hospitals and Clinics, 200 Hawkins Dr., #W146GH, Iowa City, IA 52242-1051. (319) 356-2693; Fax (319) 353-6232.

Caffeine and Women's Health. Washington, DC: International Food Information Council and The Association of Women's Health, Obstetric & Neonatal Nurses. 1994. Available from: International Food Information Council Foundation, 1100 Connecticut Ave., NW, Suite 430, Washington, DC 20036. (202) 296-6540; Fax (202) 296-6547.

- Diabetes in Pregnancy* (fact sheet). White Plains, NY: March of Dimes Birth Defects Foundation. 1993. Single copy available from: March of Dimes, 1275 Mamoroneck Ave., White Plains, NY 10605, (914) 428-7100; Bulk copies available from: March of Dimes, P.O. Box 1657, Wilkes-Barre, PA 18703. (800) 367-6630.
- Eating for Two: Nutrition During Pregnancy* (brochure; Spanish title: *Teresa Come Por Dos: La Nutrición Durante El Embarazo*). White Plains, NY: March of Dimes Birth Defects Foundation. 1994. Single copy available from: March of Dimes, 1275 Mamoroneck Ave., White Plains, NY 10605, (914) 428-7100; Bulk copies available from: March of Dimes, P.O. Box 1657, Wilkes-Barre, PA 18703. (800) 367-6630.
- Eating for Two: Nutrition During Pregnancy* (fact sheet). White Plains, NY: March of Dimes Birth Defects Foundation. 1992. Single copy available from: March of Dimes, 1275 Mamoroneck Ave., White Plains, NY 10605, (914) 428-7100; Bulk copies available from: March of Dimes, P.O. Box 1657, Wilkes-Barre, PA 18703. (800) 367-6630.
- Fish and Shellfish for New Mothers*. Arlington, VA: National Fisheries Institute, 1991. Available from: National Fisheries Institute, Inc., 1901 North Fort Myer Drive, Suite 700, Arlington, VA 22209. (703) 524-8881; Fax (703) 524-4619.
- Folic Acid: Good News for Women and Babies* (Available in Spanish: *El Ácido Fólico*). White Plains, NY: March of Dimes Birth Defects Foundation. 1994. Single copy available from: March of Dimes, 1275 Mamoroneck Ave., White Plains, NY 10605, (914) 428-7100; Bulk copies available from: March of Dimes, P.O. Box 1657, Wilkes-Barre, PA 18703. (800) 367-6630.
- Having a Baby? You Need More Iron* (Available in Spanish, Cambodian [Khmer], and Vietnamese. Spanish title: *Va A Tener Un Bebé? Usted Necesita Más Hierro*). Philadelphia, PA: Philadelphia Dept. of Health. 1992 for English; 1994 for Spanish. Available from: Office of Maternal and Child Health, Philadelphia Dept. of Health, 500 South Broad St., 2nd Floor, Philadelphia, PA 19146. (215) 685-6825; Fax (215) 685-6806.
- Healthy Eating During Pregnancy*. White Plains, NY: March of Dimes Birth Defect Foundation and Washington, DC: International Food Information Council (IFIC). 1995. Available from: IFIC Foundation, 1100 Connecticut Avenue, NW, Suite 430, Washington, DC 20036, (202) 296-6540; Fax (202) 296-6547, Internet: World Wide Web: <http://ificinfo.health.org>; Gopher: [ificinfo.health.org](gopher://ificinfo.health.org)

Healthy Foods, Healthy Baby (For pregnant teens and young women; Available in Spanish: *Alimentos Saludables, Bebé Saludable*). Philadelphia, PA: Philadelphia Dept. of Health. 1990. Available from: Office of Maternal and Child Health, Philadelphia Dept. of Health, 500 South Broad St., 2nd Floor, Philadelphia, PA 19146. (215) 685-6825; Fax (215) 685-6806.

Keep Your Baby Safe: Eat Hard Cheeses Instead of Soft Cheeses During Pregnancy (Spanish on one side: *Cuide la Seguridad de su Bebé: Coma los Quesos Duros En Vez de los Blandos Durante el Embarazo*; DHHS Publication No. 96-2304S). Rockville, MD: Department of Health and Human Services, Food and Drug Administration. 1996. Single copies available from: FDA, HFE-88, Rockville, MD 20857. (800) FDA-4010; Bulk copies available from: FDA, HFI-40, Rockville, MD 20857. Fax (301) 443-9057.

Low Birthweight (fact sheet). White Plains, NY: March of Dimes Birth Defects Foundation. 1992. Single copy available from: March of Dimes, 1275 Mamoroneck Ave., White Plains, NY 10605, (914) 428-7100; Bulk copies available from: March of Dimes, P.O. Box 1657, Wilkes-Barre, PA 18703. (800) 367-6630.

Breastfeeding

Breastfeeding Basics. Nancy J. Clark and Josephine Tullo. Waco, TX: Childbirth Graphics, Inc. 1994. 16 pp. Available from: Childbirth Graphics, Inc., P.O. Box 21207, Waco, TX 76702-1207. (800) 299-3366, ext. 287; Fax (817) 751-0221, Internet e-mail: sales@wrsgroup.com; World Wide Web: <http://www.wrsgroup.com>

Breastfeeding Basics Series. #1 - *Thinking About Breastfeeding* (NCR-579A), 2 - *Getting Started* (NCR 579B), #3 - *The Early Weeks* (NCR 579C), #4 - *Common Concerns* (NCR 579D), #5 - *Returning to Work or School* (NCR 579E). Ames, IA: Iowa State University Cooperative Extension. 1996. 2 pp. each. Available from: Extension Distribution Center, 119 Printing and Publication Bldg., Iowa State University, Ames, IA 50011-3171. (515) 294-5247; Fax (515) 294-2945, Internet e-mail: pubdist@exnet.iastate.edu.

Breastfeeding: Getting Started in 5 Easy Steps (Available in Spanish: *Lactancia materna: Cómo empezar siguiendo 5 sencillos pasos*). Jamie Eloise Bolane. Waco, TX: Childbirth Graphics, Inc., Not dated. 8 panels. Available from: Childbirth Graphics, Inc., P.O. Box 21207, Waco, TX 76702-1207. (800) 299-3366, ext. 287; Fax (817) 751-0221. Internet e-mail: sales@wrsgroup.com; World Wide Web: <http://www.wrsgroup.com>.

Breast-feeding: Nature's Best for You and Your Baby (Available in Spanish: *Amamantando [Dar el Pecho]: Lo Mejor de la Naturaleza Para Usar y su Bebé*). Revised edition. Chicago, IL: The American Dietetic Association. 1993. 32 pp. Available from: The American Dietetic Association, 216 W. Jackson Blvd., Chicago, IL 60606-6995. (800) 745-0775, ext. 5000; Fax (312) 899-4899.

Helpful Hints on Breastfeeding (Available in Spanish: *Sugerencias útiles para la lactancia materna.*). Waco, TX: Childbirth Graphics, Inc. 1992. 8 panels. Available from: Childbirth Graphics, Inc., P.O. Box 21207, Waco, TX 76702-1207. (800) 299-3366, ext. 287; Fax (817) 751-0221. Internet e-mail: sales@wrsgroup.com, World Wide Web: <http://www.wrsgroup.com>

A Mother's Guide to Milk Expression and Breast Pumps. Schaumburg, IL: La Leche League International. 1996. 14 pp. Available from: La Leche League International, 1400 N. Meacham Road, P.O. Box 4079, Schaumburg, IL 60168-4079. (847) 519-7730; Fax (847) 519-0035.

Nutrition & Breastfeeding. Schaumburg, IL: La Leche League International, 1994. 8 pp. Available from: La Leche League International, 1400 N. Meacham Road, P.O. Box 4079, Schaumburg, IL 60168-4079. (847) 519-7730; Fax (847) 519-0035.

20 Great Reasons to Breastfeed Your Baby (Available in Spanish: *20 Buenas Razones Para dar El Pecho A Su Bebé*). Jamie Eloise Bolane. Waco, TX: Childbirth Graphics, Inc. 1994. 8 panels. Available from: Childbirth Graphics, Inc., P.O. Box 21207, Waco, TX 76702-1207. (800) 299-3366, ext. 287; Fax (817) 751-0221. Internet e-mail: sales@wrsgroup.com; World Wide Web: <http://www.wrsgroup.com>

Both Pregnancy and Breastfeeding

Just for You: New Moms (For low literate audiences; #B3571). Madison, WI: University of Wisconsin-Extension. 1992. Available from: Cooperative Extension Publications, 630 West Thissland Street, Room 170, Madison, WI 53703. (608) 262-3346; Fax (608) 265-8052.

Pregnancy: A Special Time for Nutrition and Good Health (Accompanying food chart in English and Spanish). Revised edition. Westmont, IL: Dairy Council of Wisconsin, Inc. 1993. 12 pp. Available from: Dairy Council of Wisconsin, Inc., 999 Oakmont Plaza Drive, Suite 510, Westmont, IL 60559. (800) 325-9121 or (708) 655-8866; Fax (708) 655-8995.

Internet Resources

Children's Nutrition Research Center (CNRC), Agricultural Research Service, USDA, World Wide Web: <http://www.bcm.tmc.edu/cnrc/>

Food and Nutrition Information Center, National Agricultural Library, USDA, World Wide Web: <http://www.nal.usda.gov/fnic>

La Leche League International, World Wide Web: <http://www.prairienet.org/illi/homepage.html>

Update on the Dietary Guidelines for Americans

Many of the above publications refer to *Nutrition and Your Health: Dietary Guidelines for Americans*. These *Dietary Guidelines* were revised (fourth edition) in 1995. Many publishers and authors have not yet incorporated the new edition in to their publications. If you would like a copy of the new *Dietary Guidelines*:

Send a check or money order for 50 cents per copy payable to "Superintendent of Documents" to: Consumer Information Center, Department 378-C, Pueblo, CO 81009.

OR

Visit the Center for Nutrition Policy and Promotion's World Wide Web site at: <http://www.usda.gov/fcs/cnpp.html>

OR

From your modem, dial the Fedworld Electronic Bulletin Board at (703) 321-3339. Look for the Food and Consumer Service library of files. Only the text is available here.

Contacts for Assistance:

Local Contacts (refer to your telephone directory)

Ask for the:

For information about nutrition during pregnancy and breastfeeding:

Extension Service (county or state)	Home Economist or Food and Nutrition Specialist
Health Department (city, county, or state)	Nutritionist
Hospital	Outpatient Nutrition Services or Registered Dietitian

For assistance with breastfeeding techniques:

Hospital Lactation Consultant

National Contacts:

International Lactation Consultant Association, 200 North Michigan Avenue, Suite 300, Chicago, IL 60601. (312) 541-1710; Fax (312) 541-1271. Internet e-mail: ilca@erols.com (Call for a referral to a lactation consultant in your area.).

La Leche League International, 1400 N. Meacham Road, P.O. Box 4079, Schaumburg, IL 60168-4079. (800) LA LECHE (Call for help with breastfeeding.), (847) 519-7730; Fax (847) 519-0035. World Wide Web: <http://www.prairienet.org/lli/homepage.html>

March of Dimes Birth Defects Foundation, 1275 Mamoroneck Ave., White Plains, NY 10605. (914) 428-7100 (Or call your local chapter of the March of Dimes. Look in the white pages of your phone book. Call for information on role of nutrition in preventing birth defects.).

National Center for Nutrition and Dietetics, The American Dietetic Association, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (800) 366-1655 (Call for a referral to a Registered Dietitian in your area); (900) 225-5267 (Call to speak to a Registered Dietitian about your questions. There is a charge for this service.).

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The resources listed contain accurate nutrition information and are available nationwide. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. This *Nutri-Topics* is issued in three editions: Health Professional/Researcher, Educator, and Consumer,

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